

## **AMENDMENTS TO THE CLAIMS**

The following listing of claims will replace all prior versions and listings of claims in the application.

### **LISTING OF CLAIMS**

1. (currently amended) An exercise device for use by an occupant of a seat on secured within a mobile platform, wherein ~~a passenger~~ the seat occupant engages the exercise device while sitting in the seat to increase blood circulation; ~~[[and]]~~

~~wherein the exercise device includes~~ including a resistance device having a leg support ~~pivotally secured to a passenger seat~~ operably associated with the passenger seat;

the leg support defining an upper end and a lower end, the upper end being pivotally secured to the ~~passenger seat~~;

a foot support secured to the lower end of the leg support; and

a ~~trombone~~ spring disposed between the leg support and the foot support,

wherein the foot support is engaged by ~~a passenger~~ the seat occupant to flex and contract thigh muscles of the ~~passenger seat occupant~~ against the resistance provided by the spring, while the occupant is traveling on the mobile platform.

2-3. (cancelled)

4. (currently amended) The exercise device of Claim ~~[[3]]~~ 1, wherein the resistance device ~~further~~ comprises:

a pivot spring disposed between the leg support and the foot support,  
wherein the foot support is pivoted by ~~a passenger~~ the seat occupant to flex and  
contract calf muscles of the ~~passenger~~ seat occupant.

5. (original) The exercise device of Claim 4 further comprising a retracting  
mechanism secured to the exercise device, wherein the exercise device may be folded  
out of the way during periods of non-use.

6-7. (cancelled)

8. (currently amended) The exercise device of Claim 1, wherein the exercise  
device ~~[[is]]~~ comprises activated by an automated control system.

9. (currently amended) The exercise device of Claim 1, wherein the exercise  
device ~~[[is]]~~ comprises a pressure applicator.

10. (currently amended) The exercise device of Claim 1, wherein the exercise  
device ~~[[is]]~~ comprises an electrical vibrator.

11. (currently amended) The exercise device of Claim 1, wherein the exercise  
device ~~[[is]]~~ comprises a heat applicator.

12. (previously presented) The exercise device of Claim 1, wherein the mobile platform comprises a commercial aircraft.

13. (original) An exercise device for use onboard a mobile platform comprising:

a leg support defining an upper end and a lower end, the upper end being secured within a mobile platform;

a foot support secured to the lower end of the leg support;

a trombone spring disposed between the leg support and the foot support;

and

a pivot spring disposed between the leg support and the foot support,

wherein the foot support is engaged and pivoted by a passenger to flex and contract thigh and calf muscles of the passenger while the passenger is seated.

14. (original) The exercise device of Claim 13, wherein the leg support is secured to a passenger seat.

15. (original) The exercise device of Claim 14, wherein the leg support is pivotably secured to a passenger seat.

16. (previously presented) The exercise device of Claim 13, wherein the mobile platform comprises a commercial aircraft.

17. (cancelled)

18. (original) The exercise device of Claim 13 further comprising a retracting mechanism secured to the exercise device, wherein the exercise device may be folded out of the way during periods of non-use.

19. (original) An exercise device for use onboard a commercial aircraft during flight, the exercise device comprising:

a leg support defining an upper end and a lower end, the upper end being secured to a passenger seat;

a foot support secured to the lower end of the leg support;

a trombone spring disposed between the leg support and the foot support;

and

a pivot spring disposed between the leg support and the foot support,

wherein the foot support is engaged and pivoted by a passenger to flex and contract thigh and calf muscles of the passenger while the passenger is seated.

20. (original) The exercise device of Claim 19 further comprising a retracting mechanism secured to the exercise device, wherein the exercise device may be folded out of the way during periods of non-use.

21. (withdrawn) A method of increasing blood circulation while seated onboard a mobile platform, the method comprising the step of engaging an exercise

device secured onboard the mobile platform, wherein the exercise device causes a passenger to flex and contract muscles, thereby increasing blood circulation.

22. (withdrawn) The method of Claim 21 further comprising the step of engaging a foot support in a downward and upward motion, thereby flexing and contracting thigh muscles of the passenger.

23. (withdrawn) The method of Claim 21 further comprising the step of pivoting a foot support, thereby flexing and contracting calf muscles of the passenger.

24. (withdrawn) The method of Claim 21, wherein the exercise device is engaged onboard a commercial aircraft.